



*'One of the Top Ten Retreats Worldwide'
The Guardian*

Ard Nahoo Eco Retreat Venue Hire

Hello, and thank you for your interest in Ard Nahoo Eco Retreat.

We are a family run business, and we've been holding retreats, workshops and teacher training courses since we opened in 2000. From our base in the beautiful hills of North Leitrim, we offer a range of options for people looking to get away, look after themselves, try yoga and give their lives a kick start.

Between hosting both our own retreats, and those run by visiting teachers, we know what people are looking for in a yoga retreat. We create a safe and nurturing space where guests can relax and enjoy like-minded company.

What's special about Ard Nahoo? Our location, for one! We're hidden away in the hills, surrounded by gorgeous wild Irish countryside, so a retreat here really is an escape from the outside world. And if you take Ard Nahoo as a complete rental, you'll be the only guests here, meaning you can create a haven for you and your group.



If you're looking to take a group away and host your own retreat, we'd love you to consider Ard Nahoo. We can accommodate up to 17 students, staying in our unique and award-winning Eco Cabins and practicing in our custom designed yoga studio.

Hopefully all of your questions will be answered over the next few pages, but do get in touch if you have any queries, or if you would like to chat about what we offer here. I look forward to hearing from you.

Kind Regards

Noeleen Tyrrell

Owner and Founder of Ard Nahoo





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Location & Getting Here

Ard Nahoo is located one mile outside the pretty and historical village of Dromahair, in Co. Leitrim. We're a 20 minute drive from Sligo, which has regular bus and train connections to Dublin (3 hours away), Galway (2 hours away) and Belfast (2.5 hours away). Our nearest airport is Ireland West Knock, which has many international flights daily, including several options from the UK (including Gatwick, Stansted, Luton, Liverpool, Manchester, Bristol and more).

We have a number of local companies that our customers use for local rides. For transfers we recommend - www.sligobushire.ie and www.fureysofsligo.com. They are professional and reliable. From Dublin airport, Fureys will provide a coach for up to 20 people with luggage for €470 each way or a smaller bus for up to 13 people with luggage for €370 each way. Feehiliys are €900 return (€450 each way) for 16 people even though the coach is a 25 seater. Prices are approximate.

Should you choose to use any of these companies, we suggest that you contact them directly for an up to date quote, they are very friendly and give very good rates. Tell them that you are coming here and that I have given you these prices and then you can figure out the numbers/luggage ratio.

Ard Nahoo is in a quiet and peaceful location, far from any hint of traffic. There are numerous beautiful walks beginning on our doorstep, taking you up local mountains and to lake shores. We are just off the Wild Atlantic Way, so a little further afield you can visit miles and miles of empty beautiful beaches and try surfing, SUP, mountain climbing, canoeing, horse-riding and lots more.

This area is called Yeats Country, as it's where WB Yeats lived for much of his life. The area is beautiful and unspoilt. We are very close to Lough Gill which is the home of Innisfree Island, made famous by Yeats' poem '**The Lake Isle of Innisfree**':

*I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.*

*And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.*

*I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core. - **WB Yeats***



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The Studio

Our yoga studio is custom designed, filled with light and faces our nature pond. Recently extended, it fits 18 yoga mats comfortably (21 tightly). Your venue hire includes all the equipment you could need, saving you the hassle of bringing your own. Specifically, we have high quality...

- Yoga mats
- Bolsters
- Blankets
- Foam blocks
- Cork blocks
- Eye bags
- Belts
- Projector
- Speakers (no wifi)





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Accommodation

During your retreat, you'll be staying in one of three self-catering Eco Cabins. All of our cabins are designed according to the strictest green guidelines and are quirky, unique and cosy. How you designate rooms is up to you and depends on how many people you have in your group.

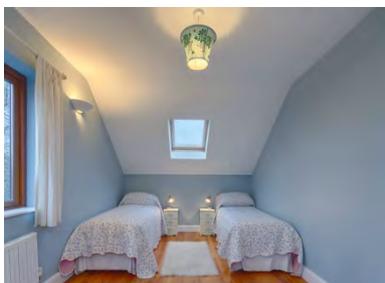
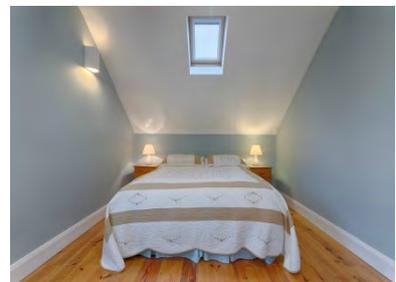


Willow and Holly are our two larger Eco Cabins. Each of these Eco Cabins sleep up to 7 people and have three bedrooms – a spacious triple upstairs, and two smaller twin rooms downstairs. There is also a fully equipped kitchen, a living area, deck and a toilet/shower room.

Hawthorn is an open plan Eco Cabin which sleeps 2 or 3 with 2 singles and a loft futon double. These two singles can become a king size if needed. You decide how you organise the sleeping arrangements for your group. There is a fully equipped kitchen and living area and bathroom.

Facilitators Room - We also have a small room in the main building which is suitable for the teacher/facilitator (not for retreatants). This pretty room is off the main communal area and has a sofa bed, shower and sink. This allows for maximum attendance of 17 paying guests on retreats.

Please note: Our Eco Cabins were designed to have the smallest footprint and the broadest functionality. While they are quite beautiful they are smaller than the average house and each cabin has one bathroom. We have additional bathroom facilities in the main building.





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Food

We believe that hearty, nutritious and delicious food is the cornerstone of any great retreat!

We use local chefs Jo and Mike from **Edergole Kitchen** to cater for our retreats. They are wonderful vegetarian/vegan chefs who create delicious dishes for you – they can imaginatively cater for dietary restrictions too (they just need prior warning!)

When you order food from Mike and Jo, they deliver meals fresh to Ard Nahoo. The meals are ready for you to heat and serve, from the Ard Nahoo kitchen. Please note that dinners are self-service – and retreatants are asked to load their dishes into the dishwasher.

Meals cost €35 per person per day (excluding 9% VAT). For longer retreats you may choose to eat out one of the evenings. There are two good restaurants in the village and lots more to choose from in Sligo.

Two meals per day include...

- Brunch (selection of bread, porridge, muesli, fruit, yoghurt, honey/jams, a savoury tart or similar (eg quiche, frittata) or mezze plate and a treat (baked goodies)
- Dinner (main, side and dessert)

All food served is vegetarian, organic and local where possible. We can cater for restricted diets with **advance notice**.



Logistics

Once you have decided to go ahead with your retreat, the schedule is completely up to you! We are happy to advise you on this, based on what works for us. You can then pass this on to us so we can arrange meal times and so forth. On the retreat itself, we are here to help and assist you however we can.



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Facilities

Hot Tub & Sauna

We have a beautiful hot tub and sauna area at the back of the retreat centre. During your retreat, this is open for 2 hours a day, for people to enjoy at their leisure. *This is organised at an appointed time during the afternoon and is available up to 6pm. Not available on day of arrival or departure.*



Treatments

We are happy to offer massage treatments for your guests. We have wonderful local therapists who will come to serve your group. Please note that these must be booked in advance, prior to arrival.

Wise Woman Mandala

The meditation circle is a wonderful place for guests to explore on their own, or for you to incorporate into your itinerary.

Shop

With eco-friendly toiletries, Dr Hauschka skincare, yoga equipment, clothes and more.





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Venue Hire

Important Information

You are booking the whole of Ard Nahoo as a **self-catering facility** and we wish you to treat our space as your home for the time you are here. We are an award winning eco business and while our standards of eco comfort and style are world class, we are not a hotel and we do not offer the kind of service that a hotel provides. We are always available to help you (8am – 6pm), answer any of your questions and make your stay memorable but please be aware that there are certain services we do not provide in a venue hire...

- Eco Cabins are not serviced during your stay unless you stay for more than a week, in which case we will do a full changeover weekly.
- The common areas and bathrooms in the main building are cleaned daily.
- We provide one bath towel per person and handtowels as needed for the bathrooms. Any other towels, including towels for the Uisce Area, beach or any outside activity, must be brought by guests. If guests require more towels they are available for hire at €5 each.
- We have paraben free, animal friendly bodywash, shampoo and hand soaps in the cabins. All other toiletries must be brought as required (we sell eco friendly toothpaste, sanitary items and Dr Hauschka skincare in our shop). There are hairdryers in each cabin.
- We do not offer laundry facilities or services. However, there is a laundry service in the neighbouring town of Manorhamilton, 8 miles away.
- Treatments can be available but only if booked in advance.
- Food is provided by excellent caterers. Meals are delivered ready to serve and eat. It is the responsibility of the group to serve themselves and clean up their dishes into the dishwasher leaving the table tidy. Please note, we lay brunch out ready for you when you finish your morning practice/activity, we will also reset the table for dinner.
- Guests are welcome to help themselves to teas and coffee (in the main building and the Eco Cabins) and are expected to return their cups to the dishwasher or wash and dry as appropriate etc.
- **Karma Yoga** – this is the practice of making everything we do an offering and ritual to our higher selves and to the bigger picture. This way, any and all things we do can be part of our Sadhana or practice and further be an expression of yoga. We invite guests to contemplate this as they help out tidying up and being part of a community spirit. In our experience when people are told what to expect they come with open minds and hearts and fully participate in all aspects of the retreat.



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Please note – Our Eco Cabins were designed to create the smallest footprint and the broadest functionality. As such, they are smaller than most modern homes and there is one bathroom per cabin. In total there are 5 bathrooms and 6 showers in the whole facility.

Pricing - valid until November 2018

Venue Hire includes...

- Shared accommodation in Eco Cabins
- Facilitators room - in the main building we have a room suitable for the teacher or organiser/assistant. If you choose to use this it maximises the spaces that you can sell on the retreat. This room is not suitable for retreatants
- Use of the Yoga Room, Green Room, grounds and equipment
- A complimentary daily soak and steam in the beautiful indoor/outdoor wet area - **The Uisce Area** - with hot tub and steam room. **Please note: not available on the day of arrival or departure.**
- Complimentary teas, coffee and filtered water in cabins (2) and main building
- Muesli and milk in cabins and fruit bowl in main building
- Promotion of your event on our website, in our events calendar, in our newsletters and social media posts
- Final cleaning fees

Rates are subject to 9% government VAT and include discounted rates on stays of 5 nights and longer

2 Night Venue Hire - Providing accommodation for 2 nights and use of the yoga room, green room, grounds & equipment and complimentary Uisce Hour - **€2250**

3 Night Venue Hire - Providing accommodation for 3 nights and use of the yoga room, green room, grounds & equipment and complimentary daily Uisce Hour - **€3000 midweek/ from €3250 inc. weekend**

4 Night Venue Hire - - Providing accommodation for 4 nights (weekend or midweek to suit) and use of the yoga room, green room, grounds & equipment and complimentary daily Uisce Hour - **€4000 midweek / from €4250 inc. weekend**

5 Night Venue Hire - Providing accommodation for 5 nights and use of the yoga room, green room, grounds & equipment and complimentary daily Uisce Hour - **€5000**



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6 Night Venue Hire - Providing accommodation for 4 nights and use of the yoga room, green room, grounds & equipment and complimentary daily Uisce Hour - **€5800**

7 Night Venue Hire - Providing accommodation for seven nights and use of the yoga room, green room, grounds & equipment and complimentary daily Uisce Hour - **€6600**

Midweek: Monday - Thursday @ €1000pn (minimum 3 nights midweek)

Weekend: Friday - Sunday @ €1125pn (minimum of 2 nights charged if staying any weekend night)

Note: Meals (brunch & dinner) are an additional €35pp per day (exclusive of VAT)

Checking-In and Checking-Out

Arrivals from 4pm - If the hirer would like to arrive earlier that can be arranged although we may still be in changeover mode. The hirer is responsible for meeting and greeting their clients.

Departure - after brunch (approx. 12.30-1pm). Guests must check out of cabins before brunch on the day of departure to accommodate changeovers.





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Terms and Conditions

To secure a group booking at Ard Nahoo, we require a non-refundable deposit of €500. This can be paid by cheque or bank transfer (if money is transferred internationally, fees may apply). Money can be paid by credit card or Paypal but fees will apply.

On arrival, we require a credit card number as a security deposit. On departure, the accommodation and centre must be left in the same condition as it was found. Otherwise, the credit card will be charged for any additional cleaning fees or any breakages. Hirer is responsible for behaviour of their guests at all times.

Teachers and facilitators (the 'hirer') must send a copy of their professional indemnity insurance policy to accompany booking deposit. The hirer is our customer and Ard Nahoo will deal directly with the hirer. Retreat guests are the responsibility of the hirer, not of Ard Nahoo. Ard Nahoo is not responsible for loss, theft or damage to any property of guests. Those travelling on retreat are advised to take out travel insurance.

Ard Nahoo is not responsible for any unforeseen force of nature or mechanical breakdown.

Payments and Deposits

€500 non-refundable deposit due within 7 days of booking.

50% of remaining balance due 90 days before arrival at Ard Nahoo

Final balance due 60 days before the retreat begins

Fees can be paid by bank transfer, cheque or cash. We can take credit card and Paypal bookings but fees apply.





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Cancellation Policy

Venue Hire closes off other business at Ard Nahoo, as such, the Hirer is responsible to pay cancellation fees as follows...

- Cancel 40 days or less prior to arrival 100 percent of full booking fee is due to Ard Nahoo
- Cancel 40+ days prior to arrival 80 percent of full booking fee is due to Ard Nahoo
- Cancel 60 days prior to arrival 50 per cent of full booking fee is due to Ard Nahoo

The cancellation policy applies to all reasons for cancellation, no matter how valid your reason. Ard Nahoo is not responsible for any forces of nature that may cause the hirer to cancel. Again holiday insurance is recommended. Ard Nahoo is not responsible for any inconvenience caused by mechanical breakdowns i.e. equipment, electric supply etc.

If for any reason Ard Nahoo has to cancel a booking, a full refund will be given.

Lough Gill at night time (in summer months the sky stays bright sometimes until 11pm)

